

**HERNDON
COMMUNITY
CENTER**



29th

Herndon

Holiday Arts

and Crafts Show

SUNDAY, DECEMBER 2, 2007

10am-4pm

The Herndon Community Center will host over 100 arts and craft vendors offering unique gifts, holiday decorations, and handmade items. Refreshments available. Please, no baby strollers. Admission and Parking Free.



Santa's Workshop

Ages 3 & up

Bring your child to the Herndon Community Center and enjoy holiday fun at Santa's Workshop. Cost includes a visit with Santa, holiday tattoos, games, and lunch. Parent participation encouraged.

Registration deadline – Monday, December 10.

Saturday, December 15, 11am-1pm

\$7 per child, \$3 per adult if eating lunch, 2511.001

Note these dates on your calendar:

Winter Program

Registration Begins:

Resident-Wednesday, December 5

Non-Town resident-Tuesday, December 11

**Herndon Community
Center Holiday Schedule:**

Closed Christmas Eve, Closed Christmas Day,
and Closed New Year's Day

DECEMBER • 2007

Happenings

Your monthly newsletter highlighting programs and events offered by the Herndon Parks & Recreation Department and the Herndon Community Center.

PERFORMING AND CULTURAL ARTS SERIES

Winter Light:

A CELTIC SOLSTICE CELEBRATION BY THE OCEAN QUINTET

Saturday, December 8, 2007, 8-9pm

In a program featuring 12th century Irish Christmas carols, stirring Scottish pipe tunes, 19th century broadside songs, Irish jigs and reels, French and English carols, and original seasonal compositions, the OCEAN Quintet will transport you to the warmth of Yuletide celebrations of yore with their soaring Celtic vocals and high energy instrumentals. The OCEAN Quintet is led by composer and ethnomusicologist, Jennifer Cutting (accordion and keyboards.) OCEAN features the two stunning vocalists Grace Griffith and Lisa Moscatiello, the nationally renowned Baltimore fiddler, Rosie Shipley, and the award-winning bagpiper, Bob Mitchell. **2441.082**

TOWNE SQUARE SINGERS

"It's Beginning To Look Like Christmas"

Herndon Towne Square Singers present a celebration of 400 years of Virginia history and heritage. Step back in time as we enjoy traditional carols and period music with instruments and customs of the past. Enjoy period instruments such as the drum and fife, dulcimer, harpsichord and more.

Thursday, November 29, 7:30pm 2441.060

Saturday, December 1, 7:30pm 2441.062

Friday, November 30, 7:30pm 2441.061

Sunday, December 2, 2:00pm 2441.063

Performances for Winter Light and It's Beginning to Look Like Christmas will be held at the Elden Street Players' Industrial Strength Theatre, located at 269 Sunset Park Drive. Tickets are available at the Herndon Community Center or by calling 703-787-7300. All tickets: \$10

Are you walking in a winter wonderland?

**Having visions of healthy
eating habits dancing
through
your
head?**



12 DAYS OF FITNESS

This holiday season try something new... the 12 Days of Fitness! 12 Days of Fitness encourages you to actually practice good wellness habits throughout the holidays in the following areas: exercise, nutrition, family, safety, career, intellectual, social, emotional, self-care, financial, cultural, and conservation. Each of the 12 days you select an activity from one of the 12 areas. ...And win prizes!

Thursday, December 6 (DAY 1) through Tuesday, December 18 (DAY 12)

Come to the Fitness Room for more information.

Herndon Community Center | 814 Ferndale Ave. | Herndon, VA 20170

703-787-7300 | www.herndon-va.gov

NATURE

Holiday Nature Craft

Families, all ages

Decorate your home or holiday tree with nature's treasures. We will create a beautiful ornament for holiday display, all with gifts from Mother Nature. All supplies included, this program meets at the Herndon Community Center. This is a family style program.

1, 1.5 hour session

Class	Day	Time	TOH/NR
December 7			
2361.012	F	6:30-8pm	\$7 per family

Winter Tracks of Sugarland Run

Families, all ages

Come out and join us as we look for tracks, scat, and signs of wildlife. Make a plaster track cast to take home and hang in your room. Learn what wildlife habitats exist in the park.

1, 1.5 hour session

Class	Day	Time	TOH/NR
December 8			
2361.013	Sa	10-11:30am	\$7 per family

Miracle of Lights at Bull Run

All Ages

View the drive-through annual Miracle of Lights holiday lights display in Bull Run Park in Manassas, VA with over 250 displays on this two-mile tour. We will stop for dinner at Cracker Barrel following the tour. Trip includes transportation by 15-passenger van, driver/escort, and tour. Trip **DOES NOT** include dinner. **NO REFUNDS AFTER NOVEMBER 21.** Depart/Return: Herndon Community Center (call for pickup times).

1, 3.5 hour session

Class	Day	Time	TOH/NR
December 4			
2860.102	T	5pm-8:30pm	\$8/\$8

Gift Certificates

Give a gift that will have great benefits. A gift certificate to the Herndon Community Center can be used for passes, classes, fitness center, racquetball, swimming, performing arts events, and trips. Purchase gift certificates in any amount at the Herndon Community Center, or order by phone (703-787-7300) with a credit card.



Kids Night Out

Ages 5-12

This program offers an opportunity for parents to enjoy a night out while their children participate in gym activities, play board games, create arts & crafts, and much more! Cheese pizza will be served at 7pm, and a movie will be shown at 8pm. Each session will have a different theme (participants notified after registration). **THIS IS NOT A DROP-IN PROGRAM. YOU MUST PRE-REGISTER TO PARTICIPATE.**

Class	Day	Time	TOH/NR
December 7			
2610.504	F	6:30-10pm	\$12/\$12

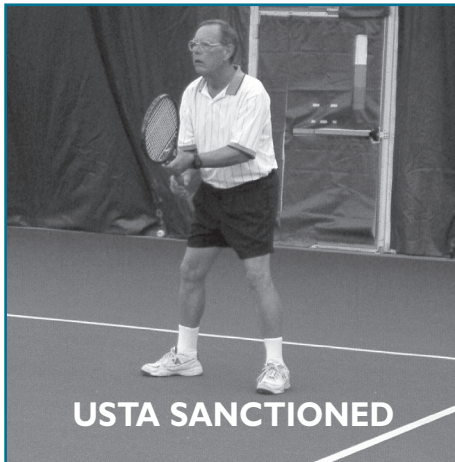


Hearty Winter Vegetable Dishes

Comforting and healthy, hearty grains and winter vegetables go well together. Learn how to combine the two for some satisfying vegetarian dishes where you'll never miss the meat.

1, 2 hour session

Class	Day	Time	TOH/NR
December 12			
2645.006	W	6:30-8:30pm	\$52/\$52



MEN'S OPEN SINGLES TENNIS TOURNAMENT

December 26-29

ENTRY DEADLINE

DECEMBER 20

\$38 PER PLAYER

Code: 2741.901

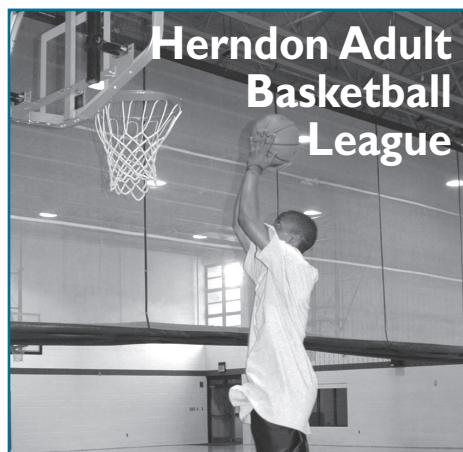
For more information, call
703-435-6800 X2114

Personal Training

Personal Training is a great way to *UP* your level of fitness! Whether you are looking for an introduction to different training methods or exercises, or seeking a long-term fitness program, your Personal Trainer is there to help you meet your fitness goals. You can train one-on-one (you and your trainer), two-on-one (you, a training partner, and your trainer), or group training (you bring 2-4 training partners, and your trainer). Sessions are offered at your convenience, and are in 30-minute or 1-hour time segments. Each package includes a full fitness assessment and evaluation, a detailed, custom-designed exercise regimen, and a personal trainer to be with you every step of the way!

Interested?

Please call Liz Ittner, Fitness Specialist at
730-435-6800, ext. 2127
to schedule an appointment.
LET'S GET STARTED!!



To be placed on a team, or for more information call **703-435-6800 x 2106**

- 8-10 game regular season plus playoffs
- Men's, Women's, & Corporate Leagues
- **Corporate League:** All members of the team must work for a Herndon based company
- **Men's & Women's Leagues:** A maximum of five (5) non-Herndon players allowed per roster
- Awards are given to the top two teams in each division
- \$150 deposit due by Monday, December 17
- \$600 team registration fee due by Friday, December 21
- Proof of residency required for all players, due at registration
- Games will be held Sundays and Thursdays beginning the week of January 7th
- Leagues may be combined at the discretion of HPRD

3743.003 Men's 'A' Basketball League
3743.004 Men's 'B' Basketball League
3743.005 Women's Basketball League
3743.006 Corporate League
\$600/Team